

# NRS DRILL OF THE WEEK

## Skating Race

www.thenrs.com

### Overview:

This drill works on players skating hard and battling for the ring 1 on 1.

Players need to remember that if they have the ring, they need to skate straight towards the net to shoot rather than looping around the zone.

Title : Skating Race

Category #1 : 1 v 1

Category #2 : Checking

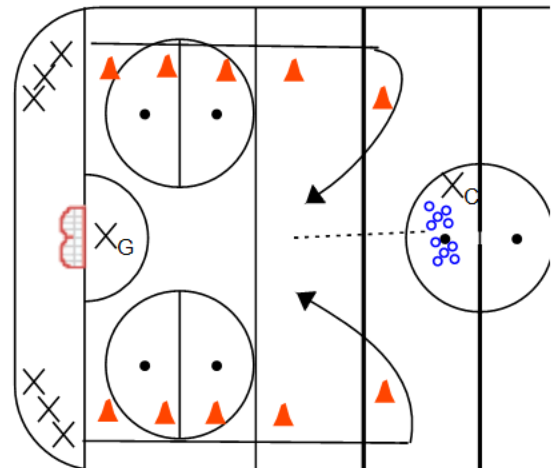
### Description

Half of the team will go in one corner, and the other half in the other corner.

The coach will be in the circle with rings.

When the coach says 'go', the first player in each corner will skate as hard as they can between the cones and the boards, do a tight turn around the top cone and skate towards a ring that the coach has passed in. The two players will battle for the ring 1 on 1 and skate to the net to take a shot.

Players need to switch corners after they go.



### Key points:

Skate hard towards the net

Long strides for power

Check all the way to the net

Keep your head up